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JUSTIN BIEBER WINS THREE AMERICAN MUSIC AWARDS, SENDS MESSAGE TO ALL THOSE WHO DESPISE HIM PAGE 13

VANCOUVER metro®

Monday, November 19, 2012

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B.C. Lions quarterback Travis Lulay leaves the field after the Lions' 34-29 loss to the Calgary Stampeders in the CFL Western Final at BC Place on Sunday. See sports, page 24. JONATHAN HAYWARD/THE CANADIAN PRESS

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Healing. Province sorry for hangings of First Nations men in 1869

The B.C. government has expressed regret to the family of a First Nations man who was wrongfully hanged on a Vancouver Island beach nearly 150 years ago.

Aboriginal Affairs Minister Ida Chong took part in a feast of reconciliation with the Hesquiaht First Nation on Saturday, and band members forgave the actions of the colonial government in 1869.

John Anietsachist and another man named Katkinna were hanged in Humais Cove, also known as Estevan Point, about 30 kilometres north of Tofino. They were accused of murdering two people who had been shipwrecked on the island, but historians have suggested faulty translations of Hesquiaht testimony played a part in their convictions.

"With all our government was doing with respect to other First Nations — with reconciliation, with recognition, with respect — we felt that this was one area that had to be dealt with before we could move forward with any other matters," Chong said.

Victor Amos, 60, said his family has kept the story about Anietsachist's innocence alive for 143 years through oral stories and songs passed down to the Hesquiaht First Nation, a member of the Nuu-chah-nulth Nations.

"The acknowledgment of the wrongdoing is phenomenal," he said.

"Now rather than just my family believing my great-great-great grandfather was innocent, now the broader community believes that," said Amos, who performed a dance at a gathering that attracted hundreds of people from neighbouring First Nations.

THE CANADIAN PRESS

Carol Todd shares her reminiscences of her daughter, Amanda, at a celebration of life on Thursday at the Red Robinson Theatre in Coquitlam. Amanda took her own life last month after enduring years of bullying. PHYLICIA TORREVILLAS/METRO

One last goodbye to Amanda Todd

Paying tribute. There was music and tears as family and friends remembered the Coquitlam teen

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

"You'll always be my Princess Snowflake."

Carol Todd stood in front of more than 500 people on Sunday to share her fondest memories of her daughter, Amanda, at a celebration of life in Coquitlam.

In a tear-filled tribute, Todd recalled her daughter's passion for music and singing as well as the ups and downs of their relationship — how they fought, made up and laughed.

Todd also shared that her daughter's favourite movie was Pay It Forward, noting that in death she is spreading awareness about bullying.

"Although she is gone ... she has left behind a larger-than-life message that has sparked the world and has made it open its eyes, its ears and its hearts," she said.

Amanda's favourite teacher, Leah Pells, a physical-education instructor at the Coquitlam Alternate Basic Education secondary school, said the 15-year-old "felt things so deeply, which was a blessing and curse for her."

Despite her problems, she added, Amanda cared for all the students in the class.

"(She) was asking students if they were OK, worrying with me when students didn't show up," Pells said.

Four of Amanda's friends shed tears as they recalled the times they spent with the teen, who would have celebrated her 16th birthday on Nov. 27.

The event was also filled with music, with performances by singer Elise Estrada and Langley's Cole Armour, who has appeared on the Ellen DeGeneres show.

"So when you see a snowflake fall from the sky this winter, wherever you may be, please think of Amanda and her message," Todd said.

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Missing since July.
U.S. filmmaker found dead in northern B.C.

A documentary filmmaker from Ohio has been found dead in northern British Columbia, more than four months after he disappeared while working on a project about rare spirit bears.

Warren Andrew Sill, 26, who travelled to New Hazelton to film a documentary on white kermode bears, disappeared in July.

At the time, his vehicle was found at the entrance of a trail in Seven Sister's Provincial Park with his camping gear still inside.

The discovery of Sill's vehicle, along with concerns that Sill was not an avid outdoorsman, prompted a massive air and ground search, but those efforts were eventually scaled back.

On Saturday, a local search-and-rescue team located what appeared to be Sill's shirt near a waterfall. The area couldn't be reached during the summer because of the terrain and high water levels, but the water has since receded.

"Due to the decreased water levels at this time of year, members were able to access the area and located a body," RCMP Const. Lesley Smith said in a news release.

"We can confirm that it is Warren Andrew Sill and our condolences go out to the Sill family and all his friends."

THE CANADIAN PRESS

Investigation. Body found in burnt car in East Van

Vancouver police are investigating after human remains were discovered in a suspicious car fire Saturday night in East Vancouver.

Vancouver Fire and Rescue Services responded to a car fire in the 1500 block of Carolina Street at around 7:30 p.m.

When firefighters arrived, they discovered a badly burnt vehicle with what was believed to be human remains inside.

Police said the fire is being treated as suspicious and investigators will be working to determine what caused the fire.

The VPD's forensic identification unit and investigators were at the scene throughout the night.

Anyone with information about the fire is asked to call the Vancouver police's major crime section at 604-717-2500 or Crime Stoppers at 1-800-222-8477.

PHYLICIA TORREVILLAS/METRO

No helmet

Intoxicated cyclist on life support after striking car

A 28-year-old cyclist who was riding at night without a helmet or lights on his bicycle is fighting for his life after striking a car in Nanaimo.

RCMP Cpl. Norm Smith says the man who suffered massive head injuries was also intoxicated and is not expected to survive.

Smith says it was nearly impossible for the cyclist to be seen at 8 p.m. Friday because he was wearing dark clothing.

The man was also riding in heavy rain down a steep hill when he struck the right side of a vehicle.

THE CANADIAN PRESS

Digital-media businessman Matt Toner won the NDP nomination for Vancouver-False Creek on Saturday. CONTRIBUTED

Matt Toner wins NDP nomination

Vancouver-False Creek. Voters choose digital-media business owner over Vision Vancouver's Constance Barnes for hotly contested riding

EMILY JACKSON
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Political newbie Matt Toner narrowly beat Vision Vancouver park board commissioner Constance Barnes to win the Vancouver-False Creek B.C. NDP nomination on Saturday.

The race was tight with results delayed due to recounts of the approximately 250 votes from NDP members in the riding, self-proclaimed underdog Toner said Sunday. He couldn't confirm reports that he won by six votes.

Toner, 43, is a digital-media business owner who launched successful startups in Vancouver, Toronto and New York before he entered his first political contest.

And he's up for the challenge of running in a riding considered to be a Liberal stronghold, he said Sunday.

"Liberals like to beat on the economy — I'm a little bit tougher on that," Toner said, pointing to his economics degree.

While Toner's business background may seem unusual for an NDP candidate, he says the party is changing and needs people like him to encourage innovative job and businesses in the province.

"They're clean, they're green, they're sustainable, they're white-collar and they're better paid than average," he said. "It's what kind of city, what kind of province do we want to build."

Toner's win is the second somewhat surprising loss for Vision Vancouver candidates running for provincial seats in the May 2013 election — Coun. Geoff Meggs lost to longtime labour leader George Heyman in neighbouring Vancouver-Fairview in October.

With big names vying for the Liberal seat in the riding, False Creek is bound to be a riding to watch.

Former Vancouver mayor Sam Sullivan is seeking the Liberal nomination and former MLA Lorne Mayencourt will announce whether he intends to run on Wednesday.

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Protesters decry Israeli attacks on Gaza

Deadly toll. At least 80 Palestinians and 3 Israelis have been killed in the violence

EMILY JACKSON
emily.jackson@metronews.ca

Supportive passersby flashed peace signs as a few hundred protesters marched though Vancouver against Israel's military action in Gaza on Sunday.

Chants of "Free, free Palestine" and "Occupation is a crime" rang out as the crowd carried Palestinian flags and signs reading "Stop siege on Gaza now!" around the Vancouver Art Gallery.

Three Israeli civilians and at least 80 Palestinians in Gaza, both militants and civilians, have been killed since hostilities escalated this week, according to the Associated Press.

Protest organizers called on Canada to withdraw its support for Israel in light of the airstrikes and mobilization of 75,000 ground troops.

Both Prime Minister Stephen Harper and U.S. President Barack Obama have said Israel has the right to defend itself.

But many organizations rallied to support Palestine, including Independent Jewish Voices and UBC's Solidarity for Palestinian Human Rights.

"It's especially important for people to know Jewish people understand what's going on and that they oppose what Israel's doing — so many do," said Rabbi David Mivasair of Independent Jewish Voices.

Meanwhile, a B.C. government-sponsored "I Live Multiculturalism" tent promoting diversity sat beside the protest.

A few hundred people march outside the Vancouver Art Gallery on Sunday in protest of Israel's military action in Gaza. EMILY JACKSON/METRO

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Victoria

Five injured in hotel stabbing

Five staff members at a Victoria-area hotel are injured and a manager is in custody after a weekend stabbing.

Police in Saanich, B.C., say they were called to the Red Lion Inn late Saturday afternoon.

Sgt. Chris Horsley says the attack happened in the hotel's restaurant, which was closed between shifts at the time.

Horsley says it appears the attacker stabbed several employees in the restaurant before moving into the hotel lobby, where the front desk clerk was also stabbed.

THE CANADIAN PRESS

Conviction

Teen convicted of manslaughter in house-party killing

A young woman accused of killing a 16-year-old girl during a fight at a house party in British Columbia's Okanagan two years ago was convicted of manslaughter Sunday, as a jury decided against convicting her of the more serious charge of second-degree murder.

If the 18-year-old accused is sentenced as an adult, the maximum jumps to life in prison, though maximum sentences are rarely imposed.

THE CANADIAN PRESS

Pricey drink. Rare 50-year-old scotch up for sale for $33,500

One Vancouver scotch aficionado will get a chance to taste a rare bottle of scotch worth a hefty $33,500.

The 50-year-old Balvenie Fifty will be unveiled and be up for sale at the BC Liquor Stores flagship store on Cambie Street today.

The bottle of single-malt Scotch whisky is one of only 88 in the world and the first to be available in Canada. It was made to celebrate malt master David Stewart's 50 years with the Balvenie Distillery.

Balvenie Fifty was distilled in 1962 and matured in a European oak sherry hogshead. According to the distillery, the taste is velvety sweet with citrus notes and hints of honey, spice and oak.

"I'm not expecting a large lineup and it won't be like the big Bordeaux release in the fall, but I expect that there will be some interested parties and likely maybe some of the bigger restaurant chains might have representatives there looking at it," said Tarina Palmer, a spokesperson for the Liquor Distribution Branch.

The bottle of Balvenie Fifty will be sold on a first-come first-serve basis, she added.

Quoted

"I'm not expecting a large lineup, and it won't be like the big Bordeaux release in the fall, but I expect that there will be some interested parties and likely maybe some of the bigger restaurant chains might have representatives there looking at it." Tarina Palmer, spokesperson for the Liquor Distribution Branch

While samples of the pricey scotch won't be available, scotch lovers can sample a range of whiskies from the Balvenie Distillery from 4 p.m. to 6 p.m.

PHYLICIA TORREVILLAS/METRO

Online

For more local news go to metronews.ca

Jessie, a Barred Owl, is an education ambassador for the OWL (Orphaned Wildlife) Rehabilitation Society. Great Horned Owls also live in the Lower Mainland. CONTRIBUTED

Owl swoops on Chihuahuas in Burnaby park

Predator and prey. Member of the Orphaned Wildlife Rehabilitation Society says such an attack is a 'very rare occurrence'

EMILY JACKSON
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Carissa Middleton is always wary of cougars, but she never expected to protect her three Chihuahuas from an owl attack in a Burnaby park.

A large beige owl with grey markings swooped down when Middleton was walking the dogs on short, nylon leashes in Burnaby's Cameron Park at 7 p.m. Friday.

Shocked, she beelined for the well-lit parking lot, but the owl swooped again. This time, it grazed her head but missed Rex.

"With me there, I thought it wouldn't really bother them," she said.

An owl swooping down on a dog when a human is present is a "very rare occurrence," said Martina Versteeg of the Orphaned Wildlife Rehabilitation Society (OWL).

Small dogs might look like rabbits or squirrels, and owls can't tell the difference between prey items as they simply sense motion, she said.

"We actually get more owls attacking peoples' ponytails," Versteeg said. (Middleton did have her hair up.)

If an owl swoops, it's typically in the winter when it's a little harder to get food. Sometimes they confront people to protect their nests, but it's likely a little early for both Great Horned Owls and Barred Owls to nest.

This particular owl was likely incredibly hungry if it missed its prey, as owls are great hunters, Versteeg said. This winter has already been quite rough on the birds, she added.

Owners can dress small dogs in loud coats or bells as a precaution, she said.

Rex is recovering from his ordeal, though he's still a bit skittish, Middleton said.

She wants to get the word out so other dog owners are aware of their pets in the park.

Quoted

"He went for the smallest one, Rex. I was screaming like a crazy person."

Carissa Middleton on her Chihuahua getting attacked by an owl.

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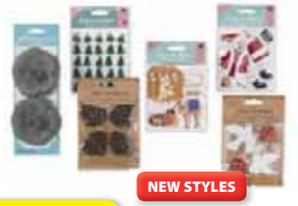

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Rescue efforts. At least 2 dead, several seriously injured in plane crashes

Rescue crews on snowmobiles had to beat a path through thick bush in northern Manitoba on Sunday to reach the survivors of one of two fatal plane crashes which took place on the Prairies over the weekend.

Low cloud cover meant a rescue aircraft was unable to reach seven people who were injured after a plane en route to Winnipeg from Snow Lake, Man., went down just after 10 a.m. local time on Sunday.

The crash, which killed at least one person, came after a separate aircraft went down in northern Alberta on Saturday evening, killing the 52-year-old pilot, who was the plane's sole occupant.

In Sunday's incident, authorities said a Cessna 208 Caravan went down in a remote area about 10 kilometres from Snow Lake, which is some 700 kilometres north of Winnipeg.

The injured were brought to a small health centre in Snow Lake. THE CANADIAN PRESS

Factory women. Workers exposed to toxic chemicals face cancer risk: Study

Women in Windsor, Ont.'s plastic automotive parts factories have complained of pungent fumes and dust that caused nosebleeds, headaches, nausea and dizziness. Some spoke of smouldering blobs of plastic dumped directly onto the floor near where they worked.

"People were getting sick, but you never really thought about the plastic itself," said Gina DeSantis, who has worked at a plant near Windsor.

Now, a new academic study appears to confirm their fears, showing profoundly elevated breast cancer risks among workers exposed to toxic chemicals. TORSTAR NEWS SERVICE

Defence Minister Peter MacKay fields questions at the end of the Halifax International Security Forum on Sunday. Delegates discussed pressing security issues, including the impact of the American presidential election, the turmoil in Syria, cyber-security and modern warfare. ANDREW VAUGHAN/THE CANADIAN PRESS

MacKay calls on Russia to exert influence in Syria

Call to action.
Ongoing threat of war in the Middle East at the forefront of global forum of 300 delegates from 50 countries

Defence Minister Peter MacKay called on Russia on Sunday to exert influence to end the Syrian civil war, accusing Russia of standing on the sidelines while Syria is "coming apart at the seams."

MacKay told a press conference at the Halifax International Security Forum that Russia — one of Syria's most important allies — should use its weight to end the conflict.

"We know in Syria there are countries like Russia that could be far more proactive, who could exert considerable influence and use their weight with (Syrian President Bashar Assad's) regime to end the violence," MacKay said just after giving his closing remarks at the three-day conference.

"If Russia truly wants to be embraced as a democratic, productive member of the world community, this is a time for them to show the right stuff."

Russia has backed Syria at the United Nations Security Council by repeatedly vetoing resolutions aimed at pressuring the Syrian government to end the war.

MacKay said Prime Minister Stephen Harper has recently met with Russian President Vladimir Putin but did not go into the details of the discussion. THE CANADIAN PRESS

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Eleven civilians killed in fierce Israeli attack on Gaza City

Escalating conflict.
Missile strike amounts to single deadliest incident of current operation, say Gaza medics

An Israeli missile flattened a two-storey house in a residential neighbourhood of Gaza City on Sunday, killing at least 11 civilians, mostly women and children, Palestinian medical officials said, as Israel expanded a military offensive to target homes of wanted militants.

The attack, which Israel said targeted a militant, was the single deadliest incident of the five-day-old Israeli operation and hiked a toll Sunday that was already the highest number of civilians killed in one day, according to Gaza medics.

The bloodshed is likely to raise international pressure for a ceasefire, with Egypt taking the leading role in mediating between Israel and Hamas.

U.S. President Barack Obama said he had been in touch with the leaders of Israel, Egypt and Turkey in an effort to halt the fighting. "We're going to have to see what kind of progress we can make in the next 24, 36, 48 hours," he said.

Obama cautioned against a potential Israeli ground invasion into Gaza, warning it could only deepen the death toll. At the same time, he blamed Palestinian militants for starting the round of fighting by raining rockets onto Israel, and he defended Israel's right to defend itself.

"Israel has every right to expect that it does not have missiles fired into its territory," Obama said in Thailand at the start of a three-nation tour in Asia.

An Israeli envoy arrived in Cairo on Sunday and held talks with Egyptian officials on a ceasefire, according to Egyptian security officials and Nabil Shaath, a top aide of Palestinian President Mahmoud Abbas, who was in the Egyptian capital.

But Israel and Gaza's militant Hamas rulers remain far apart on any terms for a halt in the bloodshed, which has killed 70 Palestinians — including 36 civilians, according to Gaza health officials — and three Israeli civilians.

Hamas is linking a truce deal to a complete lifting of the border blockade on Gaza imposed since Islamists seized the territory by force. Hamas also seeks Israeli guarantees to halt targeted killings of its leaders and military commanders. Israeli officials reject such demands. They say they are not interested in a "time-out," and want firm guarantees that militant rocket fire into Israel will finally end. Past ceasefires have been short lived.

As the offensive moved forward, Israel found itself at a crossroads — on the cusp of launching a ground offensive into Gaza to strike an even tougher blow against Hamas, or pursuing Egyptian-led truce efforts.

"The Israeli military is prepared to significantly expand the operation," Israeli Prime Minister Benjamin Netanyahu declared at the start of the weekly Cabinet meeting.

At the same time, Gaza militants continued their barrage of rocket fire at Israel, firing more than 100, including two at Tel Aviv. More than 10 Israelis were injured by shrapnel, two moderately, according to police spokesman Mickey Rosenfeld.

THE ASSOCIATED PRESS

Bloodshed

Women and young children have been killed in the relentless Israeli attack — the worst in this round of fighting.

- Rescuers pulled the bodies of several children from the ruins of a house, including a toddler and a five-year-old, as survivors and bystanders screamed in grief. Later, the bodies of the children were laid out in the morgue of Gaza City's Shifa Hospital. Among the 11 dead were four small children and five women, including an 80-year-old.

Palestinians run to take cover during an Israeli air strike on a building in Gaza City on Sunday. ADEL HANA/THE ASSOCIATED PRESS

Quoted

"The Israeli military is prepared to significantly expand the operation."
Israeli Prime Minister Benjamin Netanyahu

Syrian gunfire draws shelling from Israel

Israel shelled Syrian fighters after gunfire from their civil war spilled over to the Israel-controlled Golan Heights, the military said Sunday, as the conflict appeared to inch closer to the Jewish state.

The civil war in Syria has renewed tensions in the Golan Heights, a strategic plateau that Israel captured from Syria in the 1967 war. Despite constant hostility between the two countries, Syria has been careful to keep the border quiet since the 1973 Mideast war.

In recent days, Israeli troops have fired into Syria twice before, responding to what appeared to be stray mortar shells exploding in Israel-held territory. On Sunday, an Israeli military spokesman said soldiers fired artillery toward the source of gunfire late Saturday night.

Speaking on condition of anonymity according to protocol, the spokesman said the military identified a hit. He did not know if the targets were Syrian rebels fighting to topple President Bashar Assad or forces loyal to him.

While it is widely believed that Assad does not want to pick a fight with Israel, some in Israel warn that if his situation becomes desperate, the embattled Syrian leader might try to draw Israel into the fighting as a distraction.

THE ASSOCIATED PRESS

A rebel fighter shoots his weapon through a hole in the wall during clashes with Syrian army forces in the town of Harem on the outskirts of Idlib, Syria, Saturday. Israel shelled Syrian fighters after gunfire spilled over to the Israel-controlled Golan Heights. KHALIL HAMRA/THE ASSOCIATED PRESS

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Conflict in Middle East

Israeli attacks on Gaza news outlets condemned

Reporters Without Borders has condemned Israeli missile attacks on two media centres in Gaza that wounded six Palestinian journalists and damaged the equipment of foreign media outlets.

Sunday's attacks damaged the offices of the Hamas TV station, Al Aqsa, and a Lebanese-based broadcaster, Al Quds TV, seen as sympathetic to the Islamists.

THE ASSOCIATED PRESS

Brutal clashes

Rwandan rebel group advances on Congolese territory

A Rwandan-backed rebel group advanced to within three kilometres of Goma, a crucial provincial capital in eastern Congo, marking the first time that rebels have come this close since 2008.

Congolese army spokesman Col. Olivier Hamuli said the fighting has been going on since Sunday morning and the front line has moved to just a few kilometres outside the city.

THE ASSOCIATED PRESS

Retailers challenge French naming law

Quebec. Language watchdog orders move to French names or slogans for retailers

Gap is one of six major retailers protesting the Quebec language watchdog's insistence on French names or slogans. DIMAS ARDIAN/GETTY IMAGES FILE

Several major retailers are taking the Quebec government to court over the provincial language watchdog's insistence they modify their commercial brand names to include some French.

The six retailers are some of the biggest names in North America — Walmart, Best Buy, Costco, Gap, Old Navy and Guess. Their lawyers are expected in Quebec Superior Court on Thursday.

Quebec's language watchdog, the Office Quebecois de la Langue Francaise, wants the retailers to change their signs to either give themselves a generic French name or add a slogan or explanation that reflects what it is they're selling.

For example, Walmart, a household name on the retail scene that doesn't really have a French equivalent, could change its signs to "Le Magasin Walmart."

But retailers say the language laws have not formally been changed and they will ask the courts to decide whether the language office has the right to make new demands.

According to Section 63 of Quebec's French Language Charter, the name of a business must be in French. But it hasn't generally been applied to trademarked names.

THE CANADIAN PRESS

Tummy-Tuck Duck and Skinny Minnie

A pin-thin Daisy Duck and Minnie Mouse strut down a Paris runway in a new commercial for Barneys New York's upcoming holiday window display. The ad is drawing criticism from celebrities and consumers alike in the U.S., who say the commercial gives girls the wrong ideas about body image. SCREENSHOT/YOUTUBE.COM

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EXCLUDING CAROL TODD DID MORE HARM THAN GOOD

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

As I write, CBC is about to broadcast — live — the celebration of life for Amanda Todd at the Red Robinson Theatre in Coquitlam.

Clearly, the suicide of a little girl has had a big impact on the community, the nation and, via the Internet, the world.

Sometimes good emerges from under the shadow of evil. Amanda spent a good deal of her teenage years as the target of online bullies. Her YouTube plea for help, recorded just before she took her life, may one day turn the tide against the power of bullies, a power that has been amplified by the reach and cloak of anonymity provided by social media.

Then again, maybe not. Especially if the recent Erase anti-bullying forum is what happens when good people try to prevent bad things from happening.

Premier Christy Clark has long been a dependable voice against bullying, so it made sense for her to hold an anti-bullying forum, inspired by Amanda's death.

What makes no sense at all is that on the advice of a couple of experts, Amanda's mother Carol Todd was deliberately excluded from the forum.

They were worried that her presence would draw the media like flies, which would end up amplifying the idea of suicide in the minds of vulnerable youth. Or because her mere presence could have a disturbing effect on the young people or families of suicide victims attending the forum. Or because the experts wanted to focus on the future and not on suicides that have already happened.

Expert advice

"With all due respect to the experts, who should know better, the exclusion of Carol Todd walks like bullying and talks like bullying, a polite but no less devastating variety."

Or whatever.

With all due respect to the experts, who should know better, the exclusion of Carol Todd walks like bullying and talks like bullying, a polite but no less devastating variety.

The experts, in a lame attempt to control the circumstances of this conversation (as if these kids and their families aren't already exposed to the most lurid, graphic and uncivilized elements online already), have given the cold shoulder to someone who should be embraced by her community, someone who can also bring valuable insights to the table.

Never mind that her daughter's death inspired the forum in the first place.

Ironically, the outrage that followed the exclusion of Carol Todd has further sensationalized her daughter's sad suicide. So the experts who were worried about unintended consequences got more than they bargained for.

We can only hope that these people, upon whom so much depends, will now finally get it. Bullying is about power and the tendency of people with power to use it against those who don't have any.

It's that simple. In the name of Amanda Todd, let's all be careful out there. Even if you're an expert.

Especially if you're an expert.

President takes enlightening trip

CAROLYN KASTER/THE ASSOCIATED PRESS

Leaning statue of Buddha

Obama kicks off three-day Asia tour

U.S. President Barack Obama and U.S. Secretary of State Hillary Rodham Clinton tour the Wat Pho Royal Monastery with Chaokun Suthee Thammanuwat, a member of the temple, in Bangkok, Thailand, on Sunday.

The Temple of Reclining Buddha, formally known as Wat Pho, was the first stop on Obama's Asian tour that will also take him to Myanmar and Cambodia.

Obama arrived at the temple, one of Thailand's most famous temple compounds, to marvel at its centerpiece — a gigantic, golden statue of a reclining Buddha propped up on one elbow before passing into nirvana.

The visit was meant to give Obama a taste of Bangkok. Visits to see the king and the Thai prime minister were saved for later.

But one thing Obama did not get to see as he sped through Bangkok was the city's infamous traffic jams.

All roads leading to Wat Pho and his other destinations were blocked and cleared of cars as part of security measures that included bomb squads and shutting the temple to the public hours in advance.

THE ASSOCIATED PRESS

Changing times

"This is not an endorsement of the government.... This is an acknowledgement that there is a process under way inside that country that even a year and a half, two years ago, nobody foresaw."

U.S. President Barack Obama on Sunday, before embarking on his landmark trip to Myanmar. He was attempting to assure critics that his visit was not a premature reward for a long-isolated nation still easing its way toward democracy.

Post-election trip

1st

Obama was set to become the first U.S. president to visit Myanmar, with Air Force One scheduled to touch down in Yangon on Monday morning. Though Obama planned to spend just six hours in the country, the much-anticipated stop came as the result of a remarkable turnaround in Myanmar's relationship with the U.S. For his first post-election trip, he tellingly settled on Asia, a region he has deemed as crucial to America's prosperity and security.

Online

For the latest on Obama's Myanmar trip, visit metronews.ca

Oh baby

Woman stopped for speeding gives birth on side of road

A police officer who pulled over a pregnant woman for allegedly speeding west of Kingston, Ont., Sunday, ended up helping deliver her baby on the side of the road.

Police say the driver from Stirling-Rawdon Township was in labour and racing to hospital when the officer stopped her vehicle in Belleville, Ont.

With the officer's help, the woman gave birth to a baby boy by the road, right in front of a grocery store.

Police say both mother and child were transported to hospital and are doing well.

CJBQ/THE CANADIAN PRESS

Metropolitan Panel

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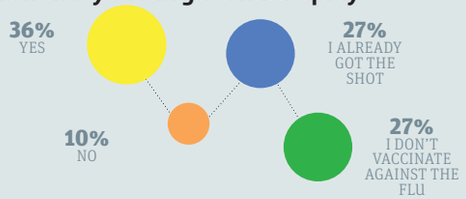

Twitter

@whynotlash:
It was a good year for the #Lions....tough play off game. The #BC Boys will be back next year. Have a safe winter!

@heyhomee:
I'm seeing a LOT of pissed off BC Lions fans on my timeline. But since when did so many people watch the CFL??

@CanuckianJustin:
Not the way we wanted it to end. First season I've really watched the CFL. You've got a new fan in me #BCLions

@JeffRoss13:
Uggggghh c'mon BC , that was embarrassing

@brooklynd24:
At least I can look forward to the halftime show at the Grey Cup! (And that's not sarcasm!) #Bieber #CFL

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It's a hat trick for the Biebs

AMAs. Bieber shouts out to haters when he wins his first of three awards, while Nicki Minaj takes home two

Exclusively online

For more shots of entertainers from the show and a full list of the winners, visit metronews.ca/scene.

Justin Bieber and Nicki Minaj performed together — and separately — at the American Music Awards. They both were also both multiple award winners.

Bieber's wins included the show's top award, artist of the year.

The singer's mom joined him onstage as he collected the top award.

He looked to his mom: "I wanted to thank you for always believing in me."

The 18-year-old won also won favourite pop/rock male artist in the first award handed out at Sunday's American Music Awards and gave a shoutout to those who didn't think he would last on the music scene.

"I want to say this is for all the haters who said that I was just here for one or two years. I feel like I'm going to be here for a very long time," he said, also thanking his mom, manager, family and his "beautiful, beautiful fans."

He also won favourite pop/rock album for Believe. He gave a stripped down, acoustic performance of As Long As You Love Me, sitting down as someone played the guitar. He transitioned to the dance-heavy Beauty and a Beat, where Minaj joined him onstage, grinding with the teen for a few seconds.

Minaj repeated her AMAs wins from last year, picking up trophies for favourite rap/hip-hop artists and album for Pink Friday: Roman Reloaded. She was in an all-white get-up, including fur coat and pink hair when she performed her new song Freedom. The scene was ghostly and snowy, as a choir — also in white — joined her onstage. One background singer stole the performance, belting semi-high notes as Minaj looked on.

As Bieber won his second award, he was kissed on the neck by Jenny McCarthy, who presented the award.

"Wow. I feel violated right now," he said, laughing.

Bieber's red and black outfit seemed to be the night's theme, as Taylor Swift and Usher wore similar ensembles.

Usher kicked off the three-hour show with green laser lights beaming onstage as he performed a medley of songs, including Numb, Climax and Can't Stop, Won't Stop, which featured a smoky floor and a number of backup dancers, as Usher jammed in all black, with the exception of his red shoes.

Swift won her fifth consecutive award for favourite country female artist.

"This is unreal. I want to thank the fans. You guys are the ones who voted on this," she said.

Along with Rihanna, Minaj was the top nominee with four nominations.

"I don't do music for awards," the 29-year-old said in an interview.

"I know they're going to come. I'm sitting here looking at my awards right now," she continued with a laugh. "I never stress it. I think of myself as 'I'll have a career long enough to get all those different awards."

THE ASSOCIATED PRESS

Carly Rae Jepsen, of Call Me Maybe fame, jumps out of a pink telephone booth at the show. Jepsen won favourite new artist. "I am floored. Wow," she said. ALL PHOTOS GETTY IMAGES

Justin Bieber, accepting one of his three awards of the night.

Usher kicked off the awards with the first performance.

Nicki Minaj tied Rihanna for most nominations.

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Poncho Sampedro playing alongside Neil Young. GETTY IMAGE

No one's perfect, not even Sampedro

Crazy Horse. Guitarist credits his success to being confident, but can't sing one whole Neil Young song all the way through

PAT HEALY
Metro World News in Boston

Poncho Sampedro is a humble man. During a half-hour discussion, the rhythm guitarist for Crazy Horse proudly acknowledges limitations with his instrument, limitations with his band's sound and limitations with his own ability to recite the lyrics of any of the Neil Young songs that he's been playing for more than 30 years.

"I try to pick up on the words, but unfortunately I'm not that good at it. And so there's a lot of his songs I have my own words for," he says. "I can't sing one whole song all the way through, I don't think."

Even if he went into a karaoke bar and somebody signed him up for a rock radio staple like Powderfinger?

"I can make it through the first and second verse, I think. Only because we used to rehearse it and I'd sing a couple of verses to get us going," he says.

But to say that Sampedro is humble doesn't mean he's lacking in confidence. He says that confidence is the key to his success, and the reason that some of the elementary rhythms he has committed to tape are such classics.

"If you're confident that you're going to go up there and make it from the beginning of the set until the end, I think good things will happen," he says. That confidence and dedication is all over the new albums that Neil Young and Crazy Horse released this year. Though tracks like Oh Susannah or This Land is Your Land on this spring's Americana album are standards, there is nothing standard about them in the hands of these four guys.

"We have one sound and we can't get away from (it) even if we try," laughs Sampedro. And with this fall's double-album they're even more themselves, as they get far out on the 27-minute jam haze of Driftin' Back. All of the material benefits from the assured approach of a band that just knows how to play off each other. But don't confuse confidence with perfection. "I know there is a place where I play and I kind of walk through the clam fields for a while, and then Neil does the same thing," recounts Sampedro. "I mentioned it to him. I said, 'Neil, if you listen to it, there are two spots where both of us are lost and we could clip that out easily, it's just a few seconds.' And he said, 'Well, then they wouldn't know how we got to the next place.'"

Quoted

"We have one sound and we can't get away from (it) even if we try."
Poncho Sampedro

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Mraz on Myanmar gig: 'I hope we can actually make a difference'

Making history.
Singer-songwriter is first international artist to perform open-air concert in country since end of military rule

Jason Mraz will make history next month when he performs in Myanmar to raise awareness about human trafficking.

Mraz will headline a free outdoor concert on Dec. 16 at People's Square in Yangon, at the base of Shwedagon Pagoda.

The Grammy-winning singer-songwriter is the first international artist to perform an open-air concert in the country since the end of military rule last year. And he is believed to be just the second Western act to perform in the country in decades, joining Ozomatli's U.S. State-Department-sponsored appearance in 2009.

Quoted

"I'm going there with an enormous amount of gratitude and respect."
Jason Mraz
On his upcoming trip to Myanmar.

"That's pretty exciting," Mraz said of the history involved, "and I'm going there with an enormous amount of gratitude and respect, and I hope we can actually make a difference. I hope it's also a testament to the songs. I've always wanted my songs to be about healing and self-empowerment, and if this is the way MTV is acknowledging that, then I am incredibly grateful."

The show includes local acts and is hosted by MTV EXIT, the music channel's initiative to raise awareness about human trafficking and exploitation. It will be broadcast on Myanmar national television and will air on MTV's international network in 2013. Mraz hosted a similar concert in the Philippines last year. He first became interested in the issue about four years ago when he attended the Freedom Awards, an annual salute to those working against human exploitation put on by the organization Free the Slaves.

Jason Mraz is set to make history with his Myanmar performance. AP PHOTO

"I thought this was something that was abolished when Abraham Lincoln signed the Emancipation Proclamation, but all it did is become hidden from our view," Mraz said in a phone interview from Zurich, Switzerland. "There was a recent estimate that there are about 27 million people enslaved on the planet, certainly due to hard economic times not just in the western world but certainly in Third World countries. Humans as a commodity is a great way to run your business. So I signed on, lent my voice, lent my music to the cause."

Myanmar is opening itself to the world since a military junta ceded power to a new elected government last year. President Thein Sein's government has pushed the country toward democracy, and on Monday, Barack Obama is scheduled to become the first sitting U.S. president to visit the country.

Mraz says there is concern predators will prey on the vulnerable in this time of great flux. The concert offers an opportunity to "educate, empower and engage." The 35-year-old singer says he plans to tailor his show to the message.

"I do curate a set list that I feel is going to be part of that educate, empower and engage (theme)," he said. "Obviously songs like I'm Yours, I Won't Give Up are great examples. Or 93 Million Miles is a new one where it's about believing in yourself. And a lot of my songs are about that, about believing in yourself and really going for your dreams. Those are the kinds of songs I'll be playing at that show." THE ASSOCIATED PRESS

Quoted

"I thought this was something that was abolished when Abraham Lincoln signed the Emancipation Proclamation. But all it did is become hidden..."
Jason Mraz
On slavery.

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No audience feedback for Community, but return is announced

A scene from Community. HANDOUT

In limbo. Show was set to be axed before NBC gave it reprieve, and star Joel McHale has confidence in latest episodes

NED EHRBAR
Metro World News in Hollywood

The cast of Community is deep into filming the show's fourth season, but can't shake the feeling that something's missing.

No, it's not show creator and former show-runner Dan Harmon, who was quite publicly and unhappily removed from his post this past spring after the witty comedy failed for three seasons to take off in the U.S. ratings.

No, it's the fan interaction that's missing, at least according to star Yvette Nicole Brown.

"We of course feel the loss of Dan, but as far as our day-to-day life of doing a show, it feels the same," she says.

"The only thing that's missing is because we're not airing we don't have that third part of our little group, which is the audience telling us what they think. It's usually us making it and then we have our audience going, 'Yay!' or, 'Boo!' And we kind of course-correct.

"I'm the one, right when the show is on, if we're working, I go right on Twitter to look at the hashtags and see what they're saying, and Joel (McHale) is like, 'What are they saying, Yvette?'"

NBC, the show's network in the U.S., first ordered an abbreviated 13-episode fourth season of Community and then pushed it off the fall schedule, leaving it in limbo until it was recently announced it would return to North American audiences in February.

But when we visited the set, the cast was already filming the season finale. "I guess you miss the feedback if it were to have started to air, but I feel the episodes are good, so I'm not too worried about it," says McHale.

"With the forced hiatus last year and now the bumping of the date this year, I think it increases the fans' resolve."

The changes have also opened up new opportunities for the cast, particularly for Jim Rash, who plays Dean Pelton. For season three, Rash was promoted to series regular status as his bizarre character became more involved in the show.

And season four finds Rash, who won an Oscar for co-writing last year's The Descendents, writing an episode himself, an experience that made him "neurotic and freaked out," he says.

"All eyes are on you. It's like, how dare you think that you could possibly do this?"

But co-star McHale says not to believe the false modesty. "Winning an Oscar helps," McHale jokes. "He brought the Oscar with him to set. A lot of the time it would be like, 'Jim, I don't really understand this line,' and then he would just hold up the Oscar and go, 'Is that clear? Good.'"

Comedic chemistry

Who needs writers? Community stars Joel McHale and Jim Rash (himself an Oscar-winning screenwriter) prove in our interview that they'd make a dynamite comedy duo all on their own, often letting serious answers disintegrate into mock-insults and bizarre back-and-forths. Here's a sample:

METRO: What would you say is the strangest fan experience you've had?

JIM RASH: Well, seeing someone dress their kid up as Dean Pelton for Halloween, I guess is weird. Joel, you've probably had something weirder than I have.

JOEL MCHALE: I'm trying to think. There's inappropriate, but weird... There's never –

JIM RASH: I sent my sperm to one fan. Is that weird?

JOEL MCHALE: You did?

JIM RASH: She asked so nicely for it.

JOEL MCHALE: That's weird. That is weird. Don't do that again.

JIM RASH: What? I did it in private!

JOEL MCHALE: Well, I guess it's legal...

Joel McHale, a.k.a. Jeff Winger, from Community. GETTY IMAGES

Jim Rash, or as he is known on Community, Dean Pelton. GETTY IMAGES

King Lear! Glee co-creator Murphy heaps praise on legendary producer

Glee co-creator and writer of American Horror Story. GETTY IMAGE

Norman Lear is an idol of Murphy's and he created such shows as All in the Family and The Jeffersons. GETTY IMAGE

Inspired. American Horror Story creator influenced by the innovative Norman Lear as pair are set to receive honorary awards

Glee co-creator Ryan Murphy didn't hesitate when given a chance to pay tribute to his American idol, legendary TV producer Norman Lear, at the 40th International Emmy Awards.

Lear's sitcom, All In the Family — and its spinoffs, Maude and The Jeffersons — mixed humour with an honest examination of the key social issues of the day, like racism, sexism, even abortion, rape and homosexuality. Decades later, Murphy is following the path blazed by Lear with his shows Glee and The New Normal. Murphy and Lear are to receive honourary awards at Monday night's International Emmy Awards Gala.

"I remember watching his shows when I was young and being moved by them," Murphy said of Lear from his production office in Los Angeles. "The way he tackled social issues so directly and opened a conversation about things no one wanted to talk about was fascinating to me.

"I try to do the same in my work, most recently with the Obama Mama episode of The New Normal, which was inspired by All in the Family."

In that Sept. 25 episode of his new NBC sitcom, about a gay male couple and the surrogate hired to carry their child, there's a heated discussion at a dinner party over whether to support Barack Obama or Mitt Romney reminiscent of Archie Bunker's debates with his liberal son-in-law Mike, whom he called "meathead."

Ellen Barkin's character, Jane Forrest, the surrogate's ultraconservative grandmother, is prone to making racist and homophobic remarks much like the curmudgeonly working-class Bunker.

At Monday night's ceremony, hosted by Regis Philbin at the Hilton New York Hotel, Murphy will be presenting the 40th Anniversary Special Founders Award to Lear, now 90, and MASH star Alan Alda. The organizers wanted to mark the milestone anniversary by honouring a producer and performer who had groundbreaking shows on the air in 1972, when the International Emmys were first presented.

"Each of them is an iconic person in the history of the television business ... who were part of that incredible vanguard of a new kind of socially relevant, often in-your-face television programs that really did change the medium," said Bruce L. Paisner, president and CEO of the International Academy of Television Arts & Sciences, which presents the International Emmys honouring excellence in television programming produced outside the U.S.

"MASH very cleverly used the Korean War as a stand in for social commentary on the Vietnam War. ... All in the Family — as well as everything that Norman did — was a new approach to addressing social issues on television," said Paisner. To complete the circle, Jessica Lange, the star of Murphy's gothic contemporary TV series American Horror Story, will present him with the honourary 2012 International Emmy Founders Award.

"In terms of being at the cutting edge of changes in our society, Ryan Murphy may be the most significant producer in the industry today. He is trying very hard to change the way people think in ways that get people to be more inclusive and tolerant," said Paisner. With Glee, Paisner noted, Murphy also created a novel format mixing music with drama/comedy, which has had an influence abroad.

A total of 38 nominees from 15 countries will compete for awards in nine categories on Monday. After humble and meagre beginnings, the academy now presents International Emmys in 20 categories. More than 1,000 television industry representatives from around the world are expected for Monday's gala.

THE ASSOCIATED PRESS

Quoted

"The way he tackled social issues so directly was fascinating to me."

Ryan Murphy, Glee co-creator
On why Norman Lear appealed to him.

The Word

Rihanna Unapologetic about her Cockiness

Rihanna opened her show in Paris on Saturday, just as in Stockholm on Friday, with Cockiness — which is a fitting kickoff song, and it seems like the perfect way to describe her attitude while promoting her new album, Unapologetic (a title which is also in line with her current attitude).

The Paris gig at the beautiful Le Trianon theatre was a short one — only about 45 minutes due to an early curfew. However, the after-show party at exclusive club VIP on Champs Elysées did not disappoint. When the singer arrived around 3 a.m., she was joined by an entourage that included P. Diddy, Pharrell Williams, Omarion and Akon.

"We are here for Rihanna," P. Diddy announced, "and she has a wish. Only hip-hop!"

The music changed instantly and the party got started.

Guitarist Nuno Bettencourt first made his name in the Boston rock group Extreme, but for the past three years he has been Rihanna's go-to guitarist. He says he enjoys playing the more intimate gigs on this tour.

"I definitely see another side of her on stage," he told me on the plane yesterday. "Tours tend to be overly choreographed. It's not just the dancing, but where you walk and when to talk to the audience. Now I've seen her free to say exactly what she wants — even though it isn't completely fit for children's ears."

METRO'S KATARINA MATSSON HAS FOLLOWED RIHANNA ON HER JET DURING THE PARTIES AND PERFORMANCES OF HER 777 TOUR. MATSSON HAS BEEN ONE OF THE FEW REPORTERS ALLOWED ON THE PLANE.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift

Dear Taylor: Swift serving as resident love doctor for Seventeen

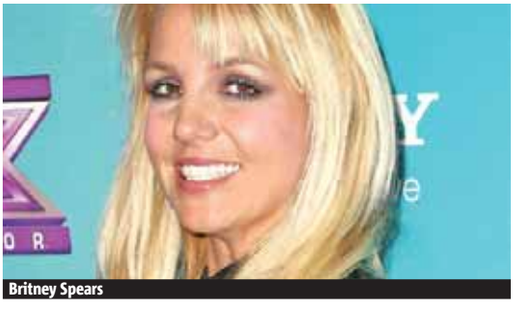
With an impressive number of failed romances under her belt — and the songs of heartbreak to prove it — Taylor Swift might be the last person you'd want to listen to for relationship advice, but Seventeen magazine is letting her do just that. Swift is serving as a guest advice columnist for the magazine's December issue. "Remember that people have to fall in love with you because they want to, not because you want them to," Swift writes. "Don't chance ruining your friendship by chasing him before he's ready. You just have to wait for him to turn it into something more, if and when he wants to."

Bieber pulls a Romeo outside Gomez's gate... but with swear words?

Justin Bieber

ALL PHOTOS GETTY IMAGES

Justin Bieber certainly seems to be trying to patch things up with Selena Gomez following their split two weeks ago — but it might be no use. After being spotted sneaking into the Four Seasons Hotel in Beverly Hills together Friday afternoon, the pair reportedly hit up Japanese restaurant Yamato in Encino, Calif. That outing, though, didn't go so well, according to Us Weekly. "They had just sat down and didn't order anything when they started to fight. Ten minutes later, they stormed out without speaking and she drove off in her car," a source says, adding that Bieber followed her to her home but couldn't make it past her gated driveway. He reportedly started yelling her name over the fence and began "swearing and yelling and lost his temper" when he realized he was being photographed.



Britney Spears

Britney may have her hooks in a little too deep

Trouble may be brewing between Britney Spears and fiancé Jason Trawick, according to Us Weekly. Sources say that Spears has become something of a nag and makes Trawick "check in with her" and it's driving him crazy. A source adds that Trawick will "put her on speakerphone so friends can hear her nagging." Spears' reps, though, say there's no truth to the story, calling it fabricated.

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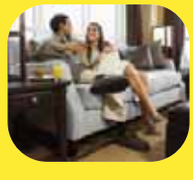

Congratulations to Christian Matta

winner of the Art of Sharing theme from the Metro Global Photo Challenge!

Christian has won a $5,000 photography suite!

metro PHOTO CHALLENGE

Travel etiquette

Grooming grief

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Imagine sitting at a restaurant and the person next to you starts cutting his or her nails. It would be exceptional, yet it isn't uncommon to witness a fellow passenger doing this on an airplane, where you are seated considerably closer to them.

Don't be that person. In fact, don't do anything with your nails — polishing, unpolishing, clipping, or biting. Particularly if they aren't your fingernails. Got a pimple or anything else you feel the need to squeeze? Leave it alone until you're in the bathroom, please. Something stuck in your teeth? Flossing and picking them in your seat is a definite no-no. Sprays of any kind (hair, perfume, spritzers) always have collateral damage. Feel a desperate need to brush yours (or your child's) hair? Don't do it. Refrain from putting on makeup, beyond a slash of lipstick.

Lastly? The pull down tray in front of you is not a baby's change table.

Emergency or not, change your baby in private. ISTOCK

Exclusively online

Baby, it's cold outside. And is that green stuff oozing out of your nose? Cue hysterical WebMD surfing and an exponential increase in number of orders barked at Daddy. Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Massage rubbing off on parents looking to bond with their babes

Touch therapy. Take a little bit of time to help your little one relax — it has plenty of health benefits

DOROTHY ROBINSON
life@metronews.ca

Spending just a few minutes each day massaging your baby can help to increase the bond, interaction and communication between the two of you. But how do you start? Tina Allen, an internationally respected educator, author and expert in the field of infant and pediatric massage therapy, shares her advice.

1. Choose the best time and place. Creating the best environment for massage is an ideal way to give yourself and baby time to relax. Choose a familiar place that is warm, quiet and with few distractions. The best time for massage is when baby is awake, healthy and happy. Some babies prefer the morning, while others prefer the afternoon or before bedtime.

2. Be comfortable. Relax, enjoy and have fun. Position yourself so that you are comfortable. Be sure baby is safe and placed on a soft area. Keep in mind that babies roll and become slippery when using oil. Be sure your hands are warm and clean before you begin.

3. Consider a massage oil. While it is not required, using oil can help make massages more enjoyable for some babies and parents.

Olive oil and grapeseed oil are some of the best choices for infant massages. However, if you choose to use lotions, be sure to choose a nontoxic option, like Seventh Generation baby lotion, which contains olive oil as a main ingredient.

4. Listen in. Infant massages can be a wonderful tool for increasing your communication. Massage is not something that parents do to their baby, but rather with their little one. Listen to your baby. He or she will give you the signals to let you know his or her comfort level.

5. Know when not to massage. Never provide massage when your baby isn't receptive to it (when sleeping, crying or fussy).

Avoid massage when your infant is ill, has a fever or infection, or if your little one has broken skin, a rash or bruising. Wait at least 48 to 72 hours following immunizations, and for a tummy massage, wait 30 minutes after eating. If your child has any special health care needs, seek further guidance as to what would be the safest approach to use.

Benefits for baby

Here's how a massage can help your youngster.

- **Encourages healthy weight gain**
- **Increases brain development and growth**
- **Stimulates all systems of the body**
- **Aids in digestion**
- **Eases discomforts associated with gas, constipation and congestion**

The key to the baby massage? Relax, enjoy and have fun. ISTOCK

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Fire up your weeknight with a quick and easy Pot au Feu

This Pot au Feu takes 40 minutes and serves four. THE ASSOCIATED PRESS

Here is an untraditional weeknight version of the French stew known as Pot au Feu.

1. In a large saucepan over medium-high heat, combine the broth, carrots, parsnips, turnips, leek, garlic, thyme sprig and bay leaf. Bring to a boil and simmer for 15 to 18 minutes, or until the vegetables are tender. Meanwhile, in a large skillet over high, heat the oil. Season the steak with salt and pepper.

2. When the oil in the skillet is hot, reduce the heat to medium-high and add the steak. Sauté until well browned on both sides and medium-rare at the centre, 8 to 10 minutes total. Transfer beef to a plate, cover loosely with foil, and let rest 5 minutes. After 5 minutes, thinly slice beef against grain.

3. In a small bowl, stir together the yogurt, wasabi and any juices from the beef plate. Season with salt and pepper. Discard the thyme sprig and bay leaf, then divide the vegetables and broth among four soup bowls. Arrange a quarter of the steak in the centre of each bowl and top portions with a spoonful of wasabi cream and a sprinkle of chives. THE ASSOCIATED PRESS

Ingredients

- 6 cups low-sodium chicken broth
- 2 medium carrots peeled and sliced 1/2 inch thick
- 2 medium parsnips peeled and sliced 1/2 inch thick
- 2 small turnips peeled, quartered and sliced 1/2 inch thick
- 1 medium leek, white part only, halved lengthwise, sliced 1/2 inch thick and rinsed well
- 2 cloves garlic, minced
- 1 sprig fresh thyme (or 1 teaspoon dried)
- 1 bay leaf (Turkish)
- 2 teaspoons olive oil
- 1 pound flank steak
- Kosher salt and ground black pepper
- 1/3 cup fat-free plain Greek yogurt
- 1 teaspoon prepared wasabi
- Chopped fresh chives or parsley

Healthy eating

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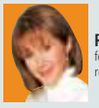

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The Keg is a well-known steak house, but that doesn't mean everything on its menu is healthy. Watch out for the enormous amounts of calories and sodium in some of its items.

Prime rib (10 oz) with mushrooms, jus, horseradish, and frizzled onions

1,050 calories / 59 g fat / 2,543 mg sodium

Prime rib is the one cut that is the most damaging to your health. It's marbled with fat throughout and half the calories come from fat. The sodium is high due to the au jus giving you 1 ½ day's worth.

Equivalent

Equivalent to 10 tbsp of butter in calories

Sirloin steak (12 oz) with vegetables

511 calories / 22 g fat / 651 mg sodium

The Sirloin does not have fat marbled throughout and you can trim the outside fat, making this a healthier cut. It's even 2 ounces more in weight and yet surpasses the prime rib in nutrients.

Pull flank on complex recipes with overlooked cut of beef

Flank steaks are lean cuts from the rear side of the cow and are characterized by rich, deep beefy flavour and a slightly chewy texture.

For the weeknight home cook, flank steaks are the perfect cut.

They can be tossed with a marinade the night before and left in the refrigerator until dinner. And they cook in just minutes on the grill or under the broiler.

As with all meat, flank steak should rest for 5 to 10 minutes after cooking before slicing to let the juices redistribute.

1. In a blender, combine the vinegar, garlic, peppercorns and 1 teaspoon of kosher salt. Blend for 20 seconds, then transfer to a wide, shallow bowl.

2. Add the steak to the marinade, turning to coat. Refrigerate for at least 30 minutes. When ready to cook, heat the broiler with a rack 6 inches from the heat. Line a rimmed baking sheet with foil, then coat it lightly with cooking spray to prevent sticking.

3. Cut each pear half into 4 slices, then arrange them on one half of the prepared baking sheet.

4. Remove the steak from the marinade and set it on the other half of the sheet. Broil everything for 5 minutes, then use tongs to flip the steak and pears. Broil for another 5 minutes for medium-rare.

5. Let the steaks rest for 10 minutes, then cut into thin slices against the grain. Divide the slices between 4 serving plates, then top each with pear slices.

6. Top each serving with a bit of crumbled blue cheese before serving.

THE ASSOCIATED PRESS

This flank steak dish takes 30 minutes and serves four. THE ASSOCIATED PRESS

Ingredients

- 1/4 cup balsamic vinegar
- 2 cloves garlic
- 1 tablespoon black peppercorns
- Kosher salt
- 1 1/2 pounds flank steak
- 2 pears, peeled, halved and cored
- Crumbled blue cheese, for topping

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Bourbon Java Steak Tips.
Instant coffee may not be good in a mug, but does wonders on a dinner plate

While instant coffee is not everyone's favourite jolt to wake up to, it can effortlessly add tons of depth and flavour at the dinner table.

1. In a blender, combine the bourbon, brown sugar, coffee granules, soy sauce, garlic and ginger. Purée until smooth, then transfer to a large zip-close plastic bag. Add the steak tips to the bag, close the bag, then turn to coat the meat with the marinade. Refrigerate at least 1 hour and up to overnight.

2. When ready, heat the broiler with an oven rack 6 inches from the heat. Remove the steak tips from the bag. Add the onions to the bag, close, then turn to coat. Transfer the onions and the marinade to a large roasting pan.

3. Set the onions under the broiler and cook for 3 to 4 minutes. Remove the pan from the heat, set the steak tips over the onions, then return to the broiler. Broil for 5 to 6 minutes, then turn the tips and broil for another 5 to 6 minutes. Let the meat rest for several minutes, then serve with onions spooned over them.

THE ASSOCIATED PRESS

Ingredients

- 1 cup bourbon
- 1/2 cup packed brown sugar
- 1/4 cup instant coffee granules
- 1/4 cup soy sauce
- 4 cloves garlic
- 1-inch chunk fresh ginger
- 2 pounds sirloin steak tips
- 3 large yellow onions, chopped

‘This is my hobby gone wild’

Nothing to wine about. Up-and-coming urban winery winning praise in unlikely zone

When you picture a winery, you might imagine a rustic building nestled among breezy rows of grapes, not a cinder block bunker squeezed between a rail switching yard and an urban highway.

But the gritty industrial zone that Pacific Breeze winery calls home, with its tangle of transportation lines, chain link fences and blacktop, hasn’t stopped this urban winery from scoring a string of top awards only a few years after being launched by a couple of amateur winemakers.

“This is my hobby gone wild,” said Pacific Breeze co-owner Maurice Hamilton, who founded the winery in 2005 with his partner, Frank Gregus, after the two met at a wine club in Coquitlam, B.C.

Hamilton, who still works at his original job selling dental supplies, and Gregus, a former Pepsi salesman, have no formal training in making wine, but between them claim more than 50 years of experience producing wine in their garages and basements. Running a commercial winery was only a dream, until Hamilton visited Woodinville, Wash., where he found small wineries operating without vineyards.

Maurice Hamilton, left, and Frank Gregus raise a glass at their winery in an industrial area of New Westminster, B.C. DARRYL DYCK/THE CANADIAN PRESS

“It gave me the idea I don’t have to grow grapes to have a winery. So that was really the a-hah moment, the revelation that, wait a minute, I can do this,” he said, envisioning a stand-alone winery. He pitched the idea to Gregus, who was quickly on board.

Cheers!

“Virtually everything we put in won best in its class. We were really proud of that.”

Maurice Hamilton
Pacific Breeze co-owner

“You put two entrepreneurial salespeople in a room and this is what happens,” Gregus said.

With an initial investment of $1.2 million, including bank loans and some of their own money, the partners set up Pacific Breeze, inspired by the urban wineries they’d seen in the U.S. and the so-called “garagist” small winery movement in Europe.

Picking the New Westminster industrial area was a matter of zoning, price and convenience, but Hamilton admits it’s a tough sell when they’re trying to lure people in to sample their products.

“People come into the tasting room all the time and go, ‘Oh wow, where’s the winery?’ And you know what they’re asking is, ‘Where’s the vineyard?’ Of course they think they’re the same thing, but they’re not. The vineyard is where you grow the grapes; the winery is where you do the manufacturing,” Hamilton said.

The partners say having a vineyard can limit the quality of wine they can make, and their approach is to cherry pick the best grapes they can find in Washington, Oregon and California.

“So rather than have it all in one area, we take the best that each area has to offer for that particular variety of grape,” Gregus said.

Harry Hertschag, executive director of the Vancouver International Wine Festival, said the key issue for him is the source of grapes is made clear on the label so consumers know exactly what they’re getting.

“I think it’s great that Pacific Breeze is doing that because they’re telling you what vineyards its coming from and that’s a good thing,” he said.

He also sees a growing movement of having wineries that are closer to their marketplace.

“I think we’re going to see more of these type of urban wineries, which also allow people to visit them, or be able to use those spaces for wine events without having to drive five hours to the Okanagan to have that experience,” he said.

Hamilton and Gregus currently produce 5,000 cases a year, including reds like the winery’s signature cabernet Killer Cab, a zinfandel called Assazin and whites like chardonnay and pinot gris.

Their wines proved an immediate hit, with Pacific Breeze claiming awards at the first competition it entered — in San Francisco in 2005 — before being named winery of the year in 2010 at the InterVin International Wine Awards in Toronto.

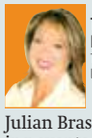
“Virtually everything we put in won best in its class,” Hamilton said. “We were really proud of that.”

“There’s a thousand decisions that go into making wine from grapes to bottle,” Gregus said of the company’s awards. “But one thing that doesn’t change is if you don’t have great fruit you cannot make great wine.”

THE CANADIAN PRESS

The In-Credibility Factor

Name: Julian Brass
City: Toronto and Montreal
Age: 29
Occupation: Founder and publisher of Notable.ca



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Julian Brass. PROVIDED

Julian Brass started hosting events at a young age and loved bringing people together. After working in Florida and California, he decided to move back to Canada and start Notable.ca, an online resource for connecting young, driven, professional adults with elements relevant to taking their professional and social life to the next level.

During the startup phase, Brass was living in his father’s basement with no income.

Four years later, Notable.ca has a team of 25 people handling more than one million visitors a month.

I knew I was on my way when... we started to have repeat advertisers approaching us to work together again. You see, anyone can schmooze someone and close a deal, but when a reputable client returns, you know that you and your team are doing something right.

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• Set a goal and work backward
Envision yourself five years from now and work backward. That will give you a path. It will change, but it will at least get you moving forward.

• Effort and sacrifice
If it was easy, everyone would do it. For people to accomplish things that others haven’t, you have to put forth a greater effort and sacrifice more than others are willing to give up. I can guarantee it will be worth it in the end and I would give nothing back for the ride I’ve had in the last four years.

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Calgary Stampeders receiver Maurice Price is brought down at the one-yard-line by the B.C. Lions' Byron Parker after making a catch in the CFL Western final on Sunday in Vancouver. B.C. conceded three touchdown passes, all over 25 yards, as it lost to Calgary 34-29. DARRYL DYCK/THE CANADIAN PRESS

Stamps use deep ball to tame Lions

CFL Western final. Calgary Stampeders advance to 100th Grey Cup thanks to Kevin Glenn's three touchdown passes

CAM TUCKER
cam.tucker@metronews.ca

Superman's weakness is kryptonite. The B.C. Lions' weakness was defending the deep pass.

The Lions' vaunted defence, which led the Canadian Football League in 18 of 25 categories during the regular season, was victimized by Calgary Stampeders quarterback Kevin Glenn in a 34-29 loss before an announced crowd of 43,216 fans at BC Place Stadium in Sunday's Western final.

And so ends the Lions' defence of the championship. The Stampeders will play the Toronto Argonauts for the 100th Grey Cup on Nov. 25 in Toronto.

For all the off-field developments making headlines in Calgary this past week — a Nik Lewis tweet about O.J. Simpson and a concussion controversy around Drew Tate — the Stampeders were the better team Sunday.

Glenn, who was named the Stamps starting quarterback on Thursday after it was revealed Tate had a broken forearm, had three touchdown passes all over 25 yards.

"At the end of the day, they capitalized on the opportunities they were supposed to capitalize (on) ... period, point blank, end of story," said B.C. cornerback Dante Marsh.

Glenn got to work early.

He hit Marquay McDaniel on the second play from scrimmage with a 68-yard touchdown pass 30 seconds into the game, making it the second quickest offensive touchdown in CFL playoff history.

There wasn't a player in orange near McDaniel when he caught the ball.

But as quickly as the Lions grabbed the momentum, it was snatched right back.

Glenn connected with Maurice Price for a 29-yard touchdown pass late in the first quarter, then Romby Bryant for a 57-yard score in the third quarter.

Meanwhile, the Lions offence sputtered.

Quarterback Travis Lulay, who prior to Sunday had played just over one quarter of football in five weeks, hit Nick Moore for a two-yard touchdown pass to pull the Lions to within five points with 59 seconds remaining, but that was the only major score the Lions offence could muster.

Instead of converting on their opportunities, the Lions were reduced to five field goals off the foot of Paul McCallum.

Lulay completed 33 of 46 passes, but none were longer than 19 yards. Running back Andrew Harris, the league leader in yards from scrimmage, was contained to just 33 yards rushing on eight carries.

"It's part of football, playoff football. Anything can happen," said Harris.

"There's definitely opportunities that I could've made more of but I didn't."

A new home

Cornish carries the day

Jon Cornish continued his brilliant 2012 season Sunday, rushing for 112 yards on 18 carries.

Cornish, the Calgary Stampeders running back from New Westminster and a graduate of St. Thomas More Collegiate's football program, led the CFL in rushing this year with 1,457 yards.

The fact the Stamps defeated the B.C. Lions in the Western final in his hometown isn't lost on Cornish.

"It's novel, but in the end I feel like Calgary's my hometown now," he said.

"I was born and raised in Vancouver, I think it's one of the greatest cities in the world, but you know I'm repping Calgary now. And I know every single person on this team is proud to call Calgary home at this point."

This year's West Division winner for the most outstanding player and most outstanding Canadian, Cornish broke a 56-year-old rushing record for a Canadian previously held by Normie Kwong.

CAM TUCKER/METRO

WHL

Giants felled by the Blades

The Vancouver Giants allowed three unanswered third-period goals in a 5-2 loss to the Saskatoon Blades Sunday at the Pacific Coliseum.

Nick Zajac, Matej Stransky and Duncan Siemens scored goals four minutes and 10 seconds apart in the final period to boost the Blades to the win.

The third period started with the teams tied 2-2, after the Vancouver Western Hockey League team conjured a pair of goals late in the first period to get on even terms.

Saskatoon opened the scoring with two quick goals just before the midway point of the first period.

The Giants countered late in the period thanks to goals from Trevor Cheek and Anthony Ast less than four minutes apart.

Cheek, who turns 20 in December, now has 10 goals and 19 points on the season.

The Giants finished the weekend with one win and two losses. They defeated the Regina Pats 4-3 in a shootout Friday, but fell 6-5 on the road to the Everett Silvertips Saturday.

The Giants play the Portland Winterhawks in Portland on Wednesday.

METRO

AHL

Heat cooled by Marlies' Scrivens

For just the second time this American Hockey League season, the Abbotsford Heat suffered an outright loss.

The Heat fell to the Toronto Marlies 5-0 on the road at Ricoh Coliseum, bringing their record to 10-2-1-2, good for second place in the AHL's Western Conference.

The loss drops the Heat's record on this current five-game road trip to 1-1-0-0.

Ryan Hamilton and Nazem Kadri led the Marlies to a two-goal advantage entering the third period, and then Toronto exploded for three goals in the final 20 minutes.

Leland Irving, making his second consecutive start following a 3-2 win over the Rochester Americans on Friday, allowed five goals on 24 shots.

The Heat don't play again until Friday, when they take on the Texas Stars.

Abbotsford will then play three games in three nights, ending the road trip against the Houston Aeros on Nov. 25.

METRO

Argos quarterback Ricky Ray is rushed by Alouettes linebacker Shea Emry during the East Division final on Sunday in Montreal.
PAUL CHIASSON/THE CANADIAN PRESS

Quarterback Ray guides Argonauts back to Toronto

The Toronto Argonauts acquired Ricky Ray to get them to a Grey Cup game on home turf, and now they can say "mission accomplished."

A masterful Ray passed for 399 yards and dominated the ground game as the Argos stunned the Alouettes 27-20 in the CFL East Division final before 50,122 at Olympic Stadium on Sunday in Montreal.

"He took some big hits and hung in there," coach Scott Milanovich said of his veteran quarterback. "I thought he played a tremendous football game, but that's what he's here for.

"That's why he's the one we wanted."

The Argos will play in the CFL championship game for the first time since 2004, when they won their 15th Grey Cup with a win over B.C. Sunday's game against Calgary will be played in Toronto.

"It's been a long season for us, but we've stuck together and just played it one game at a time," said Ray, acquired last winter in a trade from the Edmonton Eskimos. "Now we've got the opportunity to do what we set out to do."

Ray threw a TD pass to Dontrelle Inman and Chad Kackert scored on a long run. Swayze Waters added three field goals for Toronto, which had lost to Montreal in three previous East final meetings. THE CANADIAN PRESS

By the numbers

30

The Argonauts last won a Grey Cup at home in 1952, lost one in Toronto in 1982 and now they're home again in 2012 — each game exactly 30 years apart.

NFL

Losses piling up for sinking Eagles

The question put to Philadelphia Eagles coach Andy Reid after his team's sixth consecutive loss was rather pointed: Does he expect to keep his job for the rest of the season?

All Reid offered was something about "got to get ready" for the next game.

Rookie quarterback Nick Foles' first drive as a starter in the NFL ended with an interception. So did his second. The Eagles turned the ball over three times in all Sunday and allowed Washington QB Robert Griffin III to complete 14 of 15 passes with four TDs in a 31-6 loss to the Redskins.

"I don't know how it can get much worse," Eagles tight end Brent Celek said. "It makes me sick."
THE ASSOCIATED PRESS

NFL. Ravens take command of AFC North

The Baltimore Ravens shut down Byron Leftwich, and Jacoby Jones supplied the offence they needed to grab control of the AFC North.

Jones returned a punt for a touchdown, Justin Tucker kicked two field goals and Baltimore beat the Pittsburgh Steelers 13-10 on Sunday night in another slugfest between two of the NFL's biggest rivals.

The Ravens (8-2) moved two games in front of the Steelers (6-4) by shutting down Pittsburgh's offence, which sputtered without injured quarterback Ben Roethlisberger.

Leftwich, making his first start in more than three years, completed 18 of 39 passes for 201 yards and an interception. He ran for a score but was also sacked three times.

Baltimore's Joe Flacco wasn't much better, completing 20 of 32 passes for 164 yards, but the Ravens didn't need him to dominate to beat the Steelers for the third straight time at Heinz Field.
THE ASSOCIATED PRESS

Byron Leftwich of the Pittsburgh Steelers after losing on Sunday in Pittsburgh. GETTY IMAGES

Women's division

Rousey to lead charge into UFC

The UFC is currently looking at just one weight class for women, according to president Dana White.

The MMA juggernaut has announced the signing of Strikeforce bantamweight champion Ronda Rousey and, at this stage, is only looking at featuring her 135-pound division.

White said he plans to showcase Rousey in the main event of a pay-per-view event, unless there is another champion of a higher weight class who is defending his title on the card.

THE CANADIAN PRESS

Ronda Rousey won a judo bronze medal at the 2008 Olympics in Beijing. GETTY IMAGES FILE

St-Pierre keeps legacy intact

MMA. Montreal fighter 'had a lot of fun' in punishing return to octagon at UFC 154

Striking coach Phil Nurse took one look at Georges St-Pierre in the locker-room before his UFC 154 main event and had a flashback to April 2008.

"Somebody asked me in the locker-room, 'How's Georges looking?' I said, 'You know what? The last time I saw him like this is when he flattened Matt Serra at the same arena,'" Nurse told The Canadian Press.

"That was the (Serra) rematch and that's the last time I've seen him so nervous but itching to go as well, like, 'I just want to get it done quick.'"

At UFC 83, it took St-Pierre just under two rounds to reclaim his 170-pound championship belt from Serra.

On Saturday night before a loud and proud Bell Centre crowd of 17,249 in Montreal, it was longer and bloodier. But it proved to be convincing.

Returning from a layoff of 18 months and 18 days after reconstructive knee surgery, a relentless St-Pierre won a five-round decision over Carlos Condit to unify the welterweight title.

They each won a $70,000 bonus for fight of the night. St-Pierre, as the UFC's top pay-per-view draw, no doubt got millions more.

The judges scored it almost a shutout for St-Pierre: 49-46, 50-45, 50-45. But it was still a bruising, take-no-prisoners fight with St-Pierre pushing the pace from the opening. And the champion was in real danger in the third round.

St-Pierre, who said he got his fire back after such a lengthy layoff, called the fight "a blast."

"I was getting hurt, it was painful, but I had a lot of fun. I love my job," he added.

Quoted

"Before I put the ice on, my head had the shape of an American football.... I hope it gets better with time."

Georges St-Pierre on his physical appearance after Saturday night's fight with Carlos Condit

Silva up next?

Montreal's Georges St-Pierre has now won 10 straight fights and not lost in more than five years.

- His legacy could be further defined in the next year. The GSP win likely means a superfight showdown with middleweight champion Anderson Silva.

St-Pierre (23-2) said his knee felt fine, but being away from the cage for so long, he forgot the full-bore fighting experience.

"The suffering, this feeling of not giving up," he said.

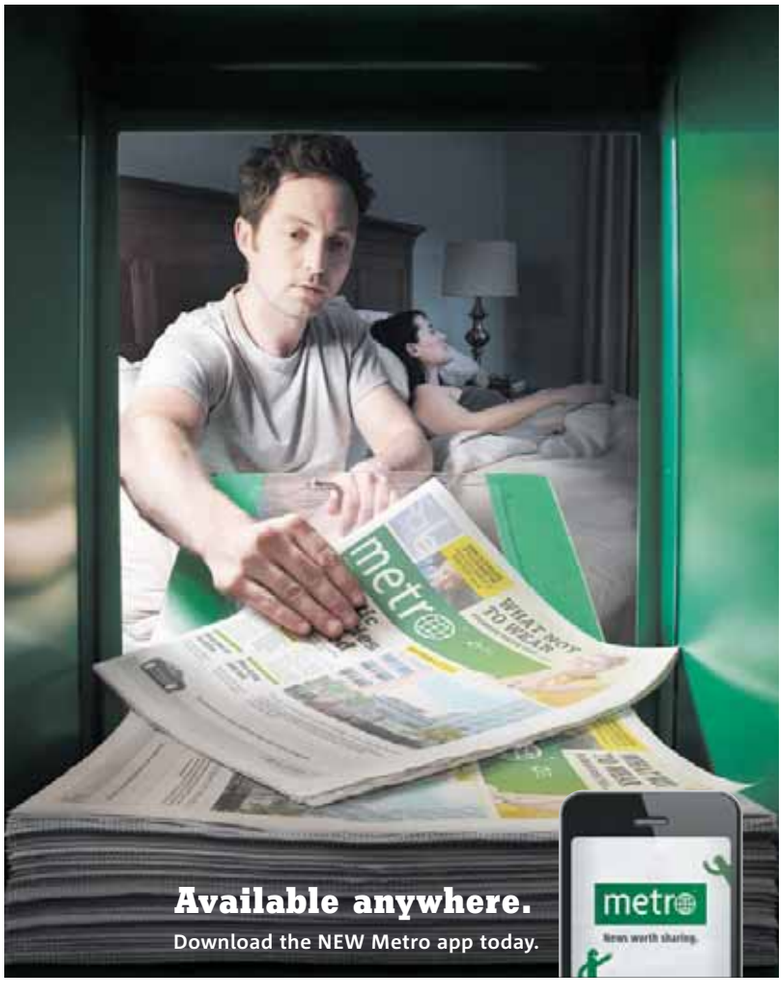
After the fight, St-Pierre had a fat lip, cuts under both eyes and on the bridge of his nose, and a thick band of red abrasions and bumps on his shaved head.

While St-Pierre said he felt some rust, he essentially looked as good as new against a difficult opponent.

"It's huge. Tonight was a big, big night as far as his legacy is concerned," UFC president Dana White said of St-Pierre.

THE CANADIAN PRESS

Georges St-Pierre holds the belt after defeating Carlos Condit in their UFC 154 welterweight title fight on Saturday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS



Horoscopes

♈ Aries
March 21 - April 20
You need to get tough with someone who has let you down once too often. It is becoming a habit and that's not good for either of you, so let them know this is their very last chance — and mean it.

♉ Taurus
April 21 - May 21
Don't hide yourself away. Don't avoid being seen. The planets indicate you are going to be in the spotlight over the next few days, so you might as well get used to the idea. As ideas go, it's not so bad.

♊ Gemini
May 22 - June 21
You must get your affairs in some sort of order. You must bring balance to what even you can see is a chaotic situation. Your time and your energy are precious, so make sure you get the most from them.

♋ Cancer
June 22 - July 23
You may be tempted to push your luck today, and maybe your gamble will pay off – and maybe it won't. Either way you are right to take the risk. Those who play safe rarely get anywhere worth going.

♌ Leo
July 24 - Aug. 23
Let other people rant and rave if it makes them feel good. You know that raising your voice does not get things done. You know that actions speak louder than words. That's why you'll succeed today while others fail.

♍ Virgo
Aug. 24 - Sept. 23
Don't push yourself too hard. In fact, don't push yourself at all. Most likely you will achieve more today by doing less, though as you tend to work harder than most other people "less" is a flexible term.

♎ Libra
Sept. 24 - Oct. 23
Others may say you are not trying hard enough but you must ignore them. What do they know about who you are and what your aims are? If you are happy with your efforts then nothing else matters.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what other people may offer you by way of reward or recognition, if their aims are not in harmony with your own you must turn them down. The fact is you don't need them and most likely never will.

♐ Sagittarius
Nov. 23 - Dec. 21
A friend or family member will suggest something today and your first reaction will be to reject it. That's understandable, but after a bit of reflection you will come to see they are right. Trust their judgment.

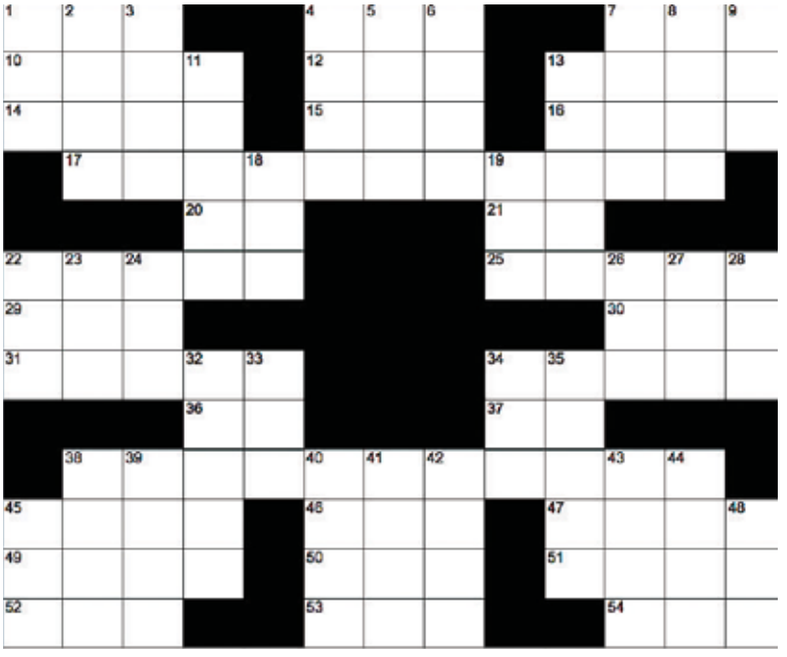
♑ Capricorn
Dec. 22 - Jan. 20
Anyone who thinks you are a bit of a cold fish will be proved wrong over the next 24 hours. Yes, it's true, you have been a bit distant of late but now you are ready to get involved and start sharing again.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in the career area of your chart just two more days, so if there is anything you want to accomplish on the work front make an extra special effort now. Don't think about it, just do it.

♓ Pisces
Feb. 20 - March 20
It may be true that all things are possible but they won't just happen as if by magic. The good news is you are highly motivated and determined to prove yourself – and you'll get your chance over the next few days. SALLY BROMPTON

Canadian Crossword

BY BETTY MARTIN



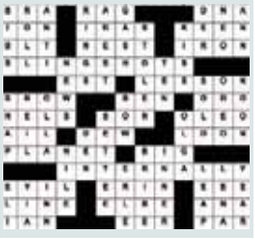
Across

1. Funnyman Carney
4. Banking machine (abbr.)
7. Wager
10. Backside
12. Small inlet
13. Swallow
14. Create
15. — Leoni of The Naked Truth
16. Take home a wage
17. Tangy candies
20. Hospital room (abbr.)
21. Minister's deg.
22. She played Rose on The Golden Girls
25. Estate, for example
29. Fish eggs
30. Dictator Amin
31. Little Orphan —
34. Heard by Perry Mason
36. Not applicable (abbr.)
37. Jr.'s dad
38. Flowery arrangement for the table
45. Roof part
46. Female deer
47. Winglike
49. Always
50. — Got a Secret
51. Canadian Idol judge — Jordan
52. Dancing with the Stars judge Goodman
53. — Aviv
54. Lassie, for one

Down

1. Upper appendage
2. Collect
3. Give or —
4. Johnson of Laugh-In
5. Layer
6. Form of address
7. Whip up an egg
8. Mistakes (abbr.)
9. The Nashville Network (abbr.)
11. Move a fern
13. Looks after
18. Use a crowbar
19. Rhoda's mom
22. Bikini part
23. Time frame
24. Countdown number
26. Bro's sibling
27. Dutch city
28. — the season
32. Inside oneself
33. Dog — Dog
34. —: Crime Scene Investigation
35. Sites
38. Grotto
39. Tied score
40. Revise a manuscript
41. Wander
42. Shed
43. Applaud
44. Go slowly
45. Slippery fish
48. Letters between Q and U

Friday's Crossword



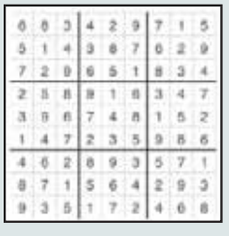
What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



6		9				5		8
	4	7	9		2	3	1	
3								4
			5		3			
	3			6			8	
			7		9			
1								7
	2	6	8		5	1	9	
5		3				4		2

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GE Profile

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SALE PRICE $1699

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GE

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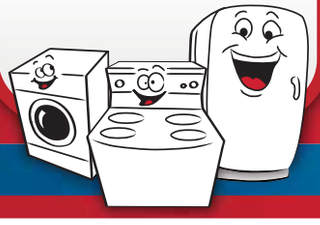

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